

News Release

For Immediate Release

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COVID-19 Updated Guidelines

Southwest Nebraska Public Health Department (SWNPHD) has started to see a rise in the number of confirmed cases of COVID-19 in southwest Nebraska. Although cases remain low, rates are expected to increase this winter along with other respiratory illnesses like influenza and RSV. The isolation guidelines from the Centers for Disease Control and Prevention (CDC) can help you know what to do if you get COVID.

CDC Isolation Guidelines

If you have COVID or suspect you may have COVID:

- Stay home and away from others, and start counting your days. Day zero is the day your symptoms first started.
- Wear a high-quality mask if you must be around others.
- Isolate up to day 6 if you did not have symptoms or if your symptoms improve and you have been fever-free for 24 hours.
- Continue to isolate yourself if you continue to run a fever or your other symptoms have not improved yet.
- If you have trouble breathing at any point, seek medical help right away.

Talk to your healthcare provider if you still have symptoms after 10 days, or if you have a weakened immune system. You may need additional time or medical care to help you recover.

Where to Get Tested

Call your healthcare provider for their instructions on testing for COVID-19. Home test kits are also available at many local pharmacies. You can also order free home test kits to be delivered by mail through the United States Postal Service (USPS).

Where to Get Vaccinated

Some area pharmacies have the newest COVID vaccine. Call your local pharmacy to be sure it is available and they are taking appointments. SWNPHD strongly encourages getting the updated COVID-19 vaccination for everyone 6 months and older. Vaccination decreases the risk of severe disease, hospitalization, and death from COVID-19.

If you need help determining if you need to isolate or take other steps to prevent spreading COVID-19 to others, visit our webpage at swhealth.ne.gov. Go to the Disease Prevention tab in the blue

ribbon at the top of the page, click on COVID-19 in the drop-down menu, and scroll down to the **Isolation and Exposure Calculator**.

For more information, call SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook, Instagram, You Tube and TikTok or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health. Call (308) 345-4223 one number three locations, McCook, Imperial, and Ogallala.

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